



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Flaig, Jörn

Club: Erfurt
Number: 1026

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 58:42
Speed: 10.22 km/h
Running performance: 5:52 min/km
Rank in course/Total: 602 (of 686)
Rank in course/Men: 500 (of 543)
Best time in course: 29:39
Rank in category: 167(of 178)
Best time in the category: 37:27

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:04	5:01	87	2:53	268	4:02	2.00	10:04	5:01	110	2:05	211	4:02
Runde	2.00	11:18	5:39	169	3:58	493	5:21	4.00	21:22	5:20	117	4:06	334	9:23
Runde	2.00	12:06	6:02	173	4:31	516	6:11	6.00	33:28	5:34	116	11:22	333	15:34
Runde	2.00	12:25	6:12	171	4:40	518	6:30	8.00	45:53	5:44	115	16:02	332	22:04
Leichtathletikhah	2.00	12:49	6:24	172	5:21	525	6:59	10.00	58:42	5:52	167	21:15	500	29:03